

'Green' and Healthy!

My 'green' and healthy story involves keeping a cubicle full of oxygen with plants and now with warmer weather, a commitment to ride my bike to work at least one day a week. My bike ride took 27 minutes from my front door to the DHS office building on S. Cedar Street. The 5 mile bike ride included four cross walks and with exception of $\frac{3}{4}$ mile on Washington Road, I was able to ride on Lansing sidewalks, though some areas had heavily broken cement. It was an exhilarating AM ride starting at 6:51 AM. I rode with safety vest, helmet and back pack.

I am also one of three women at my worksite who walk consistently for 30 minutes during lunchtime.

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